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Beginner Step Review

Students are encouraged to practice at least three times a week (more is always better) including their regular class time and about a half hour at home after class reviewing any new material we've covered so it's not forgotten. Please do not get frustrated if these sheets are hard to follow. These practice sheets are meant to help not hinder. The words and phrases used below are meant as a memory aid for those that have been attending class regularly. They will make little sense if you have not learned the step yet (or seen it demonstrated in class). Let us know if there are areas that do not make sense or if you have any questions (inquiries to Sheila@ShovlinAcademy.com or Liz@ShovlinAcademy.com). If all else fails, students are strongly encouraged to practice their exercises and those steps that they do remember (keeping good posture and placement in mind always). Good luck!!

Beginner Reel Steps

The music for the reel is either 4/4 or 2/4 time, therefore it will sound very much like a march where every beat is even (e.g., "1 and 2 and 3 and 4, and 1 and 2 and 3 and 4", etc) with near the same even emphasis on every beat. The dancer should count the bars as "1-2-3-4", "2-2-3-4", "3-2-3-4", "4-2-3-4", etc up to "8-2-3-4".

1st Step→

Hop kick step 1, hop kick step 2, hop kick step 1, step 2, step 3, (4 bars)
hop point hop back, hop point hop back, hop kick, hop kick, hop point hop back (4 bars)
(repeat on the left foot)

2nd Step→

Hop-point hop-point hop-point hop back, hop-point hop-point hop-point hop back, (4 bars)
hop kick step-1 step-2 step-3, hop-point hop-point hop-point hop back. (4 bars)
(repeat on the left foot)

Beginner Light Jig

The music for the light jig is 6/8 time. We've told the kids on occasion that the inflection in the music of the light jig will sound a great deal like a dog with a sore leg limping down the road. The dancer should count the bars as "1-2-3", "2-2-3", "3-2-3", "4-2-3", etc up to "8-2-3".

1st Step→

Hop kick, heel down, hop back 2-3, hop kick, heel down, hop back 2-3, (4 bars)
Hop kick, hop back, hop kick, hop back, hop kick, heel down, hop back 2-3 (4 bars)
(repeat on the left foot)

Alternate 1st Step

Cut right 2-3, hop left 2-3, hop back 2-3, hop back 2-3 (4 bars)
Hop kick, hop back, hop kick, hop back, hop kick hop back, hop back 2-3-4 (4 bars)
(repeat on the left foot)

2nd Step→

Hop kick 1-2, hop point hop back, hop kick 1-2, hop point hop back, (4 bars)
hop kick step-1, step-2, step-3, hop kick hop back, hop back 2-3-4 (4 bars)
(repeat on the left foot)